Dear Parents, Staff and Students

A pastoral focus for the year
The concept of ‘pastoral care’ is a key element of all Archdiocesan schools and it has the aim of improving relationships between all members of the school community. Pastoral care can include informal interactions, for example, in the playground where staff might have a reassuring conversation with a student about how things are going. It can also involve more formal programs that are aimed at giving individuals or groups some skills to deal with a broad range of issues they might encounter throughout their lives.

Any efforts focused on improving relationships are very worthwhile; we are constantly bombarded through the media with images and sound bites of intimidation and ‘bullying’ behaviour, much of which is unfortunately accepted as ‘normal’ by the broader society. The interaction between our politicians, both in and out of parliament, the language and manner of talk-back radio hosts, the behaviour of sportspeople on and off the field, all provide examples of what we must counteract in order to develop skills in our students to have positive and enduring relationships throughout their lives.

This year we have instigated a Kindergarten to Year 10 pastoral coordinator role, with Lou Mackay as the incumbent, to oversee pastoral programs across the school. Staff will undergo training in the KidsMatters Primary mental health and well-being program and this will complement the initiatives planned for each year group in Secondary. Areas to be addressed include self-esteem, friendships, bullying and cyberbullying, relationships, social media and mental health issues. The concept of resilience will also be integral to any pastoral program in the school context as it has relevance from the youngest Kinder child to the oldest parent or staff member.

Additional pastoral support will be available throughout 2012 via the school counsellor, Bruce Walmsley, and we are very excited about Kevin Dunne assuming the role of School Chaplain.

If you want to find out more about the pastoral programs on offer don’t hesitate to contact your child’s class teacher or Lou Mackay.

Change of Primary lunch and recess times
We are now entering our second week of the new lunch and recess arrangements in Primary that were mentioned in last week’s newsletter. With the two 40 minute breaks staff are finding the children more settled and able to focus for a much longer period of time during the day. Having adequate time for an early lunch and afternoon recess means that children are actually able to consume the food that they bring to school and have time for play afterwards. As with any transition arrangement we will continue to evaluate the benefits of the changes, so feel free to let you child’s teacher know how you feel about it. Congratulations to our Kinder students on their amazing ability already to practice meditation in the classroom setting.

Website updates
As you may have noticed, our school website (www.stpatscooma.nsw.edu.au) is undergoing changes to make it compatible with the CEO management systems. A workshop presented by the CEO’s Juliette Major was held at school this morning to give us further insight into website management so it will be an exciting work in progress over coming weeks. Access to the school calendar and online forms will be a priority with the changes under way.

Want to get more involved?
The Annual General Meeting of the Parents and Friends Association will be held next Tuesday at 6 pm in the Primary Library. Please come along to hear about all the opportunities for social interaction with staff and other parents, quite apart from raising all-important funds for essential school resources.

Primary Swimming Carnival a great success!
Congratulations to everyone involved in the Primary Swimming Carnival last Thursday...... to the students for your enthusiasm and support for each other, to the many parents for your involvement in all those essential sideline roles and to our hard-working staff, and particularly organiser Glenyce Moxon, for the smooth running of the day. Well done to TERRA, the winning house!

Please continue to pray for those members of the school community who are unwell.

Phil Stubbs
Principal
All students in Years 7 and 8 have received their Spellodrome login details and should be able to access the program from home. As part of their English homework they need to use the program at least three times a week. If home computer access is a problem then the school library is open every day at lunchtime and a teacher is on duty to help with homework or assignments.

Students in Years 7 and 8 will be given some information this week about the ACT Debating Union’s competition for schools which will start in March. Debates take place at a school in Canberra on Monday evenings from March to May. Please contact Mrs Stubbs for more details.

Ensure that you child has their school hat.

Apply sunscreen before the start of school. A good habit for students is to apply the sunscreen just after brushing their teeth each morning.

Have some sunscreen in your child’s schoolbag. Encourage your child to apply this before they eat their recess.

Students in Years 5-10 will again be involved in the Mathsmate Numeracy Program. A letter will be sent home this week explaining to parents and students the purpose and cost of the program. Permission letters and payment are due by Friday 17 February. Parents who need further information are asked to contact Kevin Dunne in the Secondary campus or Maryann Fraser in the Primary.

Some of our new kindergarten students are pictured below with their ‘buddies’!
Congratulations to all the teams and well done to CAELUM for winning the cheers and TERRA for winning the carnival. We’d like to thank everyone who raced or cheered their team along. We’d like to give a big thanks to Mrs Moxon for organising the swimming carnival and the parents and teachers who helped.

By TERRA Captains Jasmin and TERRA vice Damian

Pictured above, our Swimming Carnival winners proudly display their ribbons and below is a very enthusiastic cheer group!

Monaro Youth Choir

Monaro Youth Choir is now calling for new members to join us in fun learning, performing and singing. If you are interested in learning how to sing in a choir and spend some time with your friends after school, we rehearse on a Monday afternoon from 4.00 to 5.15 pm. We hold rehearsals at St Paul’s Anglican Church (not in the hall, but in the Church itself). We learn how to sing in a fun relaxing environment with a focus on choral techniques. There is a small weekly cost to participate in this exciting new choir of $4 per person (family discounts are available). If you are interested, phone Rodney Clancy on 0408 488 749. The choir rehearses only during school terms.

A world of recipes sponsored by

School Photos

Don’t forget School photos next Wednesday and Thursday! Please return the completed envelopes with payment as soon as possible. Thank you.

P&F News

- 2012 AGM: Tuesday 14 February commencing at 6.00 pm in the Primary Library. Welcome to all our new families who have joined our parental school community. We hope your child’s educational journey is an enjoyable, rewarding and enriched experience.

- “NOURISH”: We want to receive as many recipes as possible. You should be able to download the recipe request and pre-order forms from the school website in the next few days—www.stpatscooma.nsw.edu.au and click on the ‘PARENTS’ tab. Do not forget to send your recipes to: stpatsrecipes@gmail.com titled COOKBOOK RECEIPE or go to our Online Recipe Request Form: http://createacookbook.com.au/machform/view.php?id=44. Make sure to enter your details so we can credit your family in the book. All recipes must be received by Friday 2 March (this is the absolute last day, so please hurry to ensure you don’t miss out!). The Pre-order forms can be copied and given to work colleagues, extended family, relatives and friends who want to be involved or who share a love of cooking with core ingredients and want to support our local region. The cost of “Nourish” is $20.00 per book. Completed Pre-order forms together with payment can be delivered to the School Office. Alternatively you may make a Direct Debit payment on the Pre-order form. If paying by cheque—please make it payable to St Patrick’s Parish School P&F. Please remember we will only have room for approximately 110 recipes, so we will have to choose the recipes that best reflect the cookbook as a whole. We have many food retailers and producers advertising in our cookbook and Monaro Books & Music, Monaro Post and “Snow Much More” will be promoting “Nourish”. Advertisers in the cookbook have already placed pre-orders. “Nourish” will showcase our families’ recipes, school and love of cooking to our local community and region. We are encouraging the students on all three campuses to submit their favourite recipe. Students who enter will go into a draw. The winner from each year group will receive a prize. (Student’s name must be on the bottom of the recipe to qualify please). Further information on our staff competition will be in next week’s newsletter.

- COOMA SHOW: P&F are catering at the Cooma Show on Saturday, 10 March 2012. We will need HELPERS to work on a roster throughout the day. HELPERS can contact South East Printing, Dale Coyte and obtain a “Family Pass” for $20.00.

P&F Executive Team
**WHAT’S ON**

Thursday 9 February
Year 7 Parish Mass 10.00 am

Monday 13 February
Archdiocesan Tennis Young

Tuesday 14 February
P&F AGM 6.00 pm Primary Library

Wednesday 15 February
K-6 and family School Photos
Secondary Long Distance Swimming Carnival 12.00-3.00pm

Thursday 16 February
K-6 Southern Region Swimming Carnival Narooma
Secondary School Photos
Year 8 Parish Mass 10.00 am

Friday 17 February
Secondary Swimming Carnival
Primary Trials in Young (Basketball, Cricket & Tennis)
K-6 Enviromonitors

Saturday 18 and Sunday 19 February
Dragon Boat Festival

Monday 20 February
Archdiocesan Golf Batehaven

Tuesday 21 February
Shrove (pancake) Tuesday

Wednesday 22 February
Ash Wednesday (Years 3-10)
K-6 Life Education

Thursday 23 February
K-6 Life Education
Secondary Archdiocesan Swimming Yass

Friday 24 February
K-6 Life Education

Monday 27 February
K-6 Parent Teacher Interviews
Year 8 Camp

Tuesday 28 February
K-6 Parent Teacher Interviews
Year 8 Camp

Wednesday 29 February
K-6 Parent Teacher Interviews

Thursday 1 March
K-6 Parent Teacher Interviews
2P Parish Mass 10.00 am

Friday 2 March
K-6 Parent Teacher Interviews
7-10 Brumbies Gala Day

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**Canteen News**

**Volunteer Roster**
Thursday 9 February
Rebecca Hain
Friday 10 February
Catherine Commons/Natalee Reid
Wednesday 15 February
Grant Pascoe

This term I am offering **Friday Meal Deals**. This Friday the meal deal is HOT DOG with sauce, CHOCOLATE MILK and 3 FRUIT Sticks for $5.00. This will be the only choice available for Infants and Primary. Other choices will be available during the week and a new meal deal will be offered next Friday.

Thank you again for your support.

Carolyn Hely
Canteen Manager

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**Around Town**

- **Cooma District Junior Rugby League Inc.** 2012 Registration Days for Players U6 to U16s will be held in Coffey’s Hotel Beer Garden from 10.00 am til 12 noon as follows: For players who were registered in 2011 – Saturday 11 February. Some teams reached the maximum number allowed in 2011, so to guarantee your place, please come to register on this day. A second Registration Day will be held for ALL players on Saturday 16 February—$60 per player, $120 for 2 players and $150 for 3 players. Fee includes socks, player insurance, NRS pass, qualified coaches and first aid officers, presentation day BBQ, year book and Colts polo shirt. PLAYERS REQUIRED FOR ALL AGE GROUPS WITH LIMITED SPOTS AVAILABLE IN ALL TEAMS. GET IN EARLY TO AVOID DISAPPOINTMENT. All NEW players will need a copy of an original Birth Certificate. Parents must accompany children as both signatures are required.

- **Cooma North Children's Centre (OOSH):** Before school care 7.30 to 9.15 am. After school care 3.00 to 6.00 pm. Holiday care also available. Contact Bill or Leonie on 0450 127 090 or email ooshcooma@dodo.com.au

- In June-July 2012 students aged 14-19 from Europe, the USA and Latin America will arrive in Australia to study at local schools for 2-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Students bring their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. If your family can offer a friendly, supportive and caring home environment, contact Student Exchange Australia New Zealand on 1300 138 331 or visit: [http://studentexchange.org.au/](http://studentexchange.org.au/)

- **Cooma Squash and Sports Centre.** Murray Lane, Cooma. After School Squash and Sports Coaching. The Cooma Squash Club invite students aged 7-14 to come to the Cooma Squash and Sports Centre from 4:30-6:30pm Wednesdays for After School Squash and Sports Coaching. For $8 per week or $60 per Term students can come and enjoy all the games and facilities including Squash, Tennis, Golf, Soccer, Badminton, Fussball, Table Tennis, Ten Pin Bowling and much more. Supervision and coaching is provided and kids can join in Cooma Squash Club C & D grade competitions. Parents and Carers also Welcome. For more information please call 6452 1213.